

Yummy Bagels

Makes: 16 Bagels

Ingredients

2 tablespoons sugar
1 tablespoon yeast
1 1/2 cups warm water
2 cups flour, whole wheat
1 1/4 cups flour, white
1 teaspoon canola oil
 cinnamon (optional)
 sugar (optional)
 salt (optional)

Directions

1. Mix sugar, yeast, water, and flours together.
2. Rub inside of bowl with oil. Place dough in bowl and flip to coat with oil. Let rise 30 minutes.
3. Punch down dough and divide into 16 portions. Shape into a ball and poke a hole through the middle with your fingers.
4. Place on a well-greased baking sheet and cover with a towel to rise again for 15-20 minutes. Put 2 inches of water in a pot and heat to boiling.
5. Using a slotted spoon, gently place each bagel into a rapidly boiling water for 1 minute on each side. Remove and dry on a towel. Place back on baking sheet. If desired, sprinkle bagels with cinnamon/sugar or salt.
6. Bake at 475°F for 8-12 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	97	
Total Fat	1 g	2%
Protein	3 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	2 mg	0%

MyPlate Food Groups

Grains	1 1/2 ounces
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